

Yoga Sessions

**Tuesdays and Thursdays
1700-1800**

**Community Support Center, Building 1520
Classroom 4**

We have sessions
available for all skill
levels. Instructor is
certified in Kripalu Yoga

Find...
Inner Peace
Relaxation
Flexibility
Strength



Yoga is done in loose fitting clothing and bare feet.

**For more information, call
301-619-2854/301-874-5256**

